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SENIOR GAMES



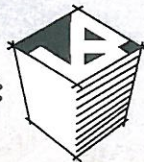
SILVER ARTS
Of Lee County

United in the Spirit of Competition

April 14 thru May 27, 2020

This program is sanctioned by North Carolina Senior Games. NCSG is sponsored state wide by the NC Division of Aging.

Registration Packets Printed Compliments of:



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GENERAL INFORMATION

- OPEN TO:** All Lee County residents who are 50 years of age and better. Age on December 31st will determine the category in which the athlete will compete. Participants will compete against others of their own gender and age group as follows: 50-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+. A participant must be a North Carolina resident for a minimum of three (3) consecutive months of the year.
- EVENTS:** All events are listed on the Registration Form. Athletes may enter as many events as desired (except swimming when only six events are allowed and tennis when only two events are allowed.) If events overlap, a choice may have to be made. Be aware that tournament events may hinder participation in other events.
- ENTRY FEE:** Deadline for entering games is March 20th: \$15.00. After March 20 (but by March 31st.) \$20.00. The Liability Waiver/Medical Form must be signed for the entry to be valid. SilverArts participants will be required to pay the registration fee. The registration fee entitles each participant to opening reception, and entry into events and/or SilverArts. Those entering the events and SilverArts are required to pay the \$15.00 entry fee only one time. This fee covers both categories.
- EQUIPMENT:** Participants in the following events will supply their own equipment: GOLF - clubs and balls; TENNIS - racquet and one can of balls; Cycling - your own bike
- EXTRA FEES:** Participants entering golf and bowling must pay extra for use of equipment and facilities. Guests attending Opening Ceremonies must also pay extra fees. These fees are listed on your registration form, and must be paid at time of registration.

NO REGISTRATION AFTER MARCH 31ST.

AWARDS FOR ATHLETIC EVENTS: Gold, silver, and bronze medals will be awarded to the top three finishers in each age category, male and female divisions, in each event. Medal winners will be eligible for North Carolina State Finals and will be mailed an entry form. The State Finals registration deadline for registration is August 1st and is strictly enforced.

It is your responsibility to register for State Finals.

FOR MORE INFORMATION CALL:

Lee County Enrichment Center - 919-776-0501 Ext. 2207

REPORTING TIMES: All participants for Senior Games Events must report to the event at least 15 minutes prior to their first event. You will receive your confirmation packet in the mail.

RULES: All events will be conducted in accordance with the 2020 edition of the NC Senior Games, Inc. Official Rules Book. Amendments may be made as required by the Events Director.

INCLEMENT WEATHER: In case of inclement weather, information regarding postponement or cancellation of events/activities may be obtained by calling the: Enrichment Center 919-776-0501 Ext. 2201.

For weekend events call 919-842-9809

SPECIAL ACTIVITIES

OPENING CEREMONIES	Tuesday, April 14th	5:30 p.m.	Enrichment Center
SILVERARTS:	May 1st - May 31st		Enrichment Center
Visual, Literary, Heritage Arts Display			
PERFORMING ARTS:	Tuesday, April 14th	6:15p.m.	Enrichment Center

Please submit your artwork for display by April 30th.

SENIOR GAMES and SILVER ARTS OF LEE COUNTY

April 14 - May 26, 2020

REGISTRATION

1. Complete the Silver Arts entry form if competing in Silver Arts.
2. Complete the official entry form if competing in sports events.
3. Artist and athletes complete the medical information on page 4.
4. Read and sign the liability waiver on page 4.
5. Include total payment and make checks payable to: Senior Games Of Lee County.
If mailing registration form, mail to: Senior Games & Silver Arts Of Lee County
1615 S. Third Street
Sanford, NC 27330
6. If registering at the Lee County Parks & Recreation Dept. or the Lee County Enrichment Center, you may leave the fee and registration form at that site.
7. Take the rest of this information with you for future reference.

REGISTRATION FEE

Early Bird: \$15.00 (by March 20th.)

Late Registration Fee: \$20.00 (by March 31st.)

Sponsored By:

Lee County Senior Services
Lee County Parks & Recreation Department
First Baptist Church

2020 Sponsor

BRIGHT

Audiology

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COMPLETE ONLY IF ENTERING IN SILVERARTS

(only one Registration Fee of \$15.00 must be paid)

\$15.00 - By March 20th: \$20.00 - By March 31st

EMAIL: _____

Name _____ Birth date _____
Last First Middle Month/Day/YearAddress _____
Number-Street Name City State Zip

County _____ Phone Number _____ (Circle) Male/Female

T-Shirt Size: (Circle) Small Medium Large X-Large XX-Large

VISUAL ARTS: _____

_____ Oil
_____ Acrylics
_____ Drawing
_____ Watercolor
_____ Pastels
_____ Photography (Please Check Box)
 ☐ Digital
 ☐ Film
_____ Sculpture
_____ Mixed Media

HERITAGE/FOLK ART: _____

_____ Quilting (Hand Stiche)
_____ Quilting (Machine Stiche)
_____ Needlework
_____ Woodworking
_____ Weaving
_____ Basket Weaving
_____ Tole Painting
_____ Woodcarving
_____ Crocheting
_____ Knitting
_____ Jewelry
_____ Thrown & Hand Built Pottery
_____ Stained Glass
_____ Wood Turning

PERFORMING ARTS: _____

_____ Dance
_____ Vocal
_____ Instrumental
_____ Comedy
_____ Drama
_____ Line Dancing
_____ Cheerleading

LITERARY ARTS: _____

_____ Poems
_____ Short Stories (Fiction)
_____ Essays/Articles
 (Not Autobiography)
_____ Life Experiences

Brief Description of Performance / Title of piece _____

_____ Group (state number in group) _____ Name _____ Solo

Equipment Necessary:

_____ Piano _____ Microphone _____ Chairs _____ Other (specify) _____

SilverArts Liability Waiver

(Must be Signed)

I understand that, although every effort will be taken to insure the proper care of artwork and performance accessories, Senior Games Of Lee County, the SilverArts committee and all organizations associated with the Games are not liable for loss, theft or damage to any work or item. Likewise, they are not liable for literary work lost or damaged in the mail.

Artist's Signature_____
Date

OFFICIAL REGISTRATION FORM

Name _____ Birth date _____
Last First Middle Month/Day/Year

Address _____
Number-Street Name City State Zip

Phone Number _____ (Circle) Male/Female Email _____

T-Shirt Size: (Circle) Small Medium Large X-Large XX-Large

First year in Senior Games? (Circle) YES NO **(NO REGISTRATION FEE FOR FIRST YEAR PARTICIPANT)**

GAME FEES - Fill in appropriate Blanks

____ \$15.00 Registration Fee (until March 20) _____ \$ 9.00 Bowling Fee (Singles)
____ \$20.00 Registration Fee (until March 31) _____ \$ 9.00 Bowling Fee (Doubles)
____ \$10.00 Opening Dinner Guest _____ \$ 9.00 Bowling Fee (Mixed Doubles)
____ \$35.00 Golf, Green, Cart & Lunch Fee (Only \$10.00 if Sanford Golf Course Member.)

Tuesday, April 14

____ Opening Ceremonies 5:30 p.m. ____ Silver Arts Follies 6:15 p.m.

Friday, April 17

____ Table Tennis, Singles 4 p.m. ____ Table Tennis, Doubles 4:30 p.m.

____ Table Tennis, Mixed Doubles 5 p.m.

Table Tennis Partner _____ Age _____

Table Tennis Partner _____ Age _____

Saturday, April 18 - Track Events 9:00 a.m. - Field Events 11:00 a.m.

____ 50 M Dash ____ 100 M Dash ____ 200 M Dash

____ 400 M Run ____ 800 M Run ____ 5 K Run

____ 1500 M Run ____ 10 K Run ____ Shot Put

____ Discus Throw ____ Running Long Jump ____ Standing Broad Jump

Monday, April 20

____ Pickleball (Singles) 7 p.m.

Thursday, April 23

____ Cycling, 5K 9 a.m. ____ Cycling, 10K 9:30 a.m.

____ Cycling, 1 mile 10 a.m.

Monday, April 27

____ Pickleball (Doubles) 7 p.m. ____ Pickleball (Mixed Doubles) 7 p.m.

Pickleball Partner _____ Age _____ Pickleball Partner _____ Age _____

Wednesday, April 29

____ Golf 10 a.m.

Thursday, April 30

____ Cornhole, Women 70+ 9:30 a.m.

Friday, May 1

____ Cornhole, Men 70+ 9:30 p.m.

Monday, May 4

____ Silver Striders Fun Walk 9:30 a.m. ____ Wii Sports Bowling 10 a.m.

____ Basketball Shoot 4 p.m.

Tuesday, May 5

____ Bowling, Doubles 2 p.m. Bowling Partner _____ Age _____

Wednesday, May 6

____ Bowling, Mixed Doubles 2 p.m. Bowling Partner _____ Age _____

Thursday, May 7

____ Bowling, Singles 2 p.m.

Friday, May 8

____ Badminton ____ Singles ____ Doubles ____ Mixed Doubles 10 a.m.

Badminton Partner _____ Age _____ Badminton Partner _____ Age _____

____ Tennis, Singles 4 p.m.

____ Tennis, Doubles 4:30 p.m. Tennis Partner _____ Age _____

____ Tennis, Mixed Doubles 5 p.m. Tennis Partner _____ Age _____

Saturday, May 9

____ Chess 9 a.m.

Monday, May 11

____ Shuffleboard, Men 70+ 9 a.m. ____ Horseshoes, Men 4 p.m.

Tuesday, May 12

____ Shuffleboard, Women 70+ 9 a.m. ____ Horseshoes, Women 4 p.m.

Thursday, May 14

____ Bocce, Men 70+ 9 a.m. ____ Bocce Women 70+ 1 p.m.

____ Bocce, Men 50-69 5 p.m. ____ Bocce, Women 50-69 6 p.m.

Friday, May 15

Swimming - 1:00 p.m. - Maximum of 6 Events

50 yards ____ Butterfly ____ Backstroke ____ Breaststroke ____ Freestyle

100 yards ____ Butterfly ____ Backstroke ____ Breaststroke ____ Freestyle

200 yards ____ Butterfly ____ Backstroke ____ Breaststroke ____ Freestyle

500 yards ____ Freestyle

100 yards ____ Ind. Medley (Butterfly, Backstroke, Breaststroke, Freestyle)

200 yards ____ Ind. Medley (Butterfly, Backstroke, Breaststroke, Freestyle)

400 yards ____ Ind. Medley (Butterfly, Backstroke, Breaststroke, Freestyle)

Saturday, May 16

____ Croquet 10 a.m. ____ Softball Throw 10:30 a.m.

____ Football Throw 11 a.m.

Monday, May 18

____ Shuffleboard, Men 50-69 5 p.m. ____ Shuffleboard, Women 50-69 6 p.m.

Wednesday, May 20

____ Cornhole, Men 50-69 5 p.m. ____ Cornhole, Women 50-69 6 p.m.

Wednesday, May 27

____ Closing Ceremonies/Heritage, Visual and Literary Arts Awards Reception 3 p.m.

Time and location to be announced: ____ 3 on 3 Basketball

RELEASE AND INDEMNITY AGREEMENT

I, the undersigned participant, do hereby waive, release and discharge the Senior Games and Silver Arts Of Lee County, Lee County Senior Services, the Lee County Parks & Recreation Department, including sponsors, directors, referees, hosts or organizers thereof, their agents, servants, employees, representatives or assigns, or any person, firm or corporation associated therewith (hereinafter sometimes referred to as the "Games Sponsors"), of any and all claims, demand costs, expenses, and/or consequential damage for illness, injury or otherwise, arising out of or in any way resulting from my participation in such competition.

I further agree to indemnify, save and hold harmless the Games Sponsors from any and all actions, causes of action or claims of whatsoever kind or nature which I now may have, or at any time in the future may have, as a result of injury or illness arising out of or from my participation in the Senior Games and Silver Arts Of Lee County. I further agree to hold harmless the Games Sponsors from any damage, loss, or theft that might occur while art work is on display.

I am in good enough physical condition to safely participate. I acknowledge that I am strongly urged to consult my doctor before participating. I hereby grant permission for emergency medical treatment, including transportation to a medical facility, if necessary.

I understand that it is my sole responsibility to register for State Finals. I also understand that NCSG must receive my registration form by August 1st at Midnight.

I grant to Senior Games and Silver Arts Of Lee County the free and unrestricted right to use my name and picture in any broadcast, telecast or other written or photographic account of the Senior Games and Silver Arts Of Lee County without my remuneration.

Date: _____ Signature: _____

I will _____ or will not _____ be attending Opening Ceremonies April 14th.

I will _____ or will not _____ be attending Closing Ceremonies May 27th.

Please complete all questions below. **PLEASE PRINT CAREFULLY:**

Name _____ Date of Birth _____

Address _____ City/State _____

M _____ F _____ in Emergency Notify: _____ Phone #: _____

Your Doctor's Name _____ Phone #: _____

I. HEALTH HISTORY: Check any conditions which apply to you. (optional)

Kidney Trouble _____
Low Blood Pressure _____
High Blood Pressure _____

Fainting _____
Diabetes _____
Seizures _____

Heart Trouble _____
Arthritis _____
Bronchitis _____

II. ALLERGIC REACTIONS

Bee Sting _____

Penicillin _____

Other _____

III. List Medications that you are currently taking:

SPECIFIC CATEGORY REQUIREMENTS FOR SILVERARTS

- All persons entering SilverArts must be 50 years of age or better as of December 31st, a N.C. resident for a minimum of 3 consecutive months of the calendar year, and must qualify through a Local Senior Games SilverArts program for State Finals.
- Art entry/entries incorrectly categorized by the artist, or not in compliance with NCSG Guidelines and Requirements, will not be considered in the judging process.
- See SilverArts Guidelines for general requirements.

A. Heritage Arts

- Entries must be the work of the individual and not a group.
- Heritage Art entries must be an original work. Patterns may be used, but no stamped pieces will be accepted.
- Pottery must be hand built or thrown.
- Latch hook rugs and pieces from ceramic molds will not be accepted.
- All framed entries must be securely wired, ready to be hung (no serrated hooks or string). Two-dimensional work not properly framed and wired will not be displayed.
- Framed entries can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- All entries, except framed work, must be able to be displayed in an area 3'(W) x 3'(L) x 5'(Height).
- Groupings (sets) shall have no more than 3 separate pieces per set. All objects within each piece of the set must be contained within or attached to one of the 3 pieces of the set.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photo of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- The heritage arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

B. Visual Arts

- All artwork, except sculpture, must be framed (or gallery wrapped), securely wired, and ready to be hung (no serrated hooks or string). Artwork, except sculpture, not properly wired will not be displayed.
- Artwork, except sculpture, can be no larger than 36" x 42", including matting and frame.
- Entries can be no heavier than 50 pounds.
- Sculpture groupings (sets) may have no more than 3 pieces per grouping (set).
- Mixed media may be a freestanding piece.
- Freestanding entries must be able to be displayed in an area 3'(W) x 3'(L) x 5'(height).
- Artists, or their representatives, are responsible to deliver and pick-up their entry at/during the designated times.
- If on-site assembly is required, details must be specified on the Information Form for NCSG prior approval.
- The art piece must be an original work, not a print.
- Artist's name and title of entry must appear on, or be attached to, entry for identification.
- Artist must send a photograph of entry with State Finals Entry Form and SilverArts Information Form. Photos cannot be returned.
- The visual arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

C. Literary Arts

- All entries must be typed, double-spaced, on 8-1/2 x 11 paper and have a minimum of 1" margins. A minimum font size is 10-pt type (preferably "times new roman or arial").
- Poems can be no longer than 40 lines.
- Short stories, essays, and life experiences can be no longer than 8 pages.
- All entries must have a title page, which includes title of entry, sub-category, and name of artist.
- Artist's name must not appear on the content pages.
- A display-quality copy of the winning Literary Arts entries, and two (2) additional copies, should be submitted to NCSG by the artist with their official State Finals Entry Form and SilverArts Information Form. No framed or matted entries will be accepted.
- The original and all copies will be retained by NCSG.
- The literary arts entry entered at State Finals must be the same entry that won at the Local Games.
- An artist may only submit one (1) entry per sub-category at State Finals.

D. Performing Arts

- An artist may only have one (1) entry per size of act in each sub-category.
- Performing entries are limited to three (3) minutes of on-stage time. Exceeding the time limit will result in automatic disqualification. Timing is the performer's responsibility and begins with the first note of music or the first movement visible to the audience and ends with the exit of the last performer from the stage or final movement of the act.
- Performing entries may be one of the following: (a) soloists, (b) small groups (2 - 4 performers), or (c) large groups (5 or more performers). Accompanist(s) will be counted to determine size of act. No one under age 50 as of Dec. 31st will be permitted on stage and an accompanist must be a registered participant.
- All performers for all acts must enter stage right and exit stage left or begin and end on the stage. See the SilverArts Manual for a stage diagram.
- If recorded music is used, music must be a high quality CD or an mp3 file on a flashdrive or sent via online registration. Music must be sent with the State Finals Entry Form and SilverArts Information Form. No recorded instruction is permitted. This should be the only track on the CD/flashdrive or electronic file. Music may be picked up following the performance. It cannot be mailed/returned.
- At State Finals, NCSG can provide the following items: chairs, microphone(s), piano and sound system. The act is responsible for all other props and equipment and must get NCSG advance approval for use at Show. Props must be small, few, light-weight and easy to set up quickly.
- Voice presentations must be a live performance by the artist. Background music can be recorded. Lip-synch is not permitted as a performing art.
- The Group Leader, who must be a participant, must complete the SilverArts Information Form for the group and submit it with their State Finals Entry Form and each member of the group must submit their own personal State Finals Entry Form by the August 1st deadline.
- The performance at State Finals must be the same performance that won at the Local Games; i.e. same song, dance, music, etc.
- No live animals are allowed, except for service animals.

2020 Senior Games and Silver Arts of Lee County Schedule of Events

Day/Time	Location	Day/Time	Location
Tuesday, April 14		Friday, May 8	
5:30 p.m.	Opening Ceremonies	10:00 a.m.	Badminton
6:15 p.m.	Silver Arts Follies	4:00 p.m.	Tennis, Singles
Friday, April 17		4:30 p.m.	Tennis, Doubles
4:00 p.m.	Table Tennis, Singles	5:00 p.m.	Tennis, Mixed Doubles
4:30 p.m.	Table Tennis, Doubles	Saturday, May 9	
5:00 p.m.	Table Tennis, Mixed Doubles	9:00 a.m.	Chess*
Saturday, April 18		Monday, May 11	
9:00 a.m.	Track Events	9:00 a.m.	Shuffleboard, Men 70+
11:00 a.m.	Field Events	4:00 p.m.	Horseshoes, Men
Monday, April 20		Tuesday, May 12	
7:00 p.m.	Pickleball, Singles	9:00 a.m.	Shuffleboard, Women 70+
Thursday, April 23		4:00 p.m.	Horseshoes, Women
9 a.m.	Cycling, 5K	Thursday, May 14	
9:30 a.m.	Cycling, 10K	9:00 a.m.	Bocce, Men 70+
10:00 a.m.	Cycling, 1 Mile	1:00 p.m.	Bocce, Women 70+
Monday, April 27		5:00 p.m.	Bocce, Men 50 – 69
7:00 p.m.	Pickleball, Doubles/Mixed Doubles	6:00 p.m.	Bocce, Women 50 – 69
Wednesday, April 29		Friday, May 15	
10:00 a.m.	Golf	1:00 p.m.	Swimming Events
Thursday, April 30		Saturday, May 16	
9:30 a.m.	Cornhole, Women 70+	10:00 a.m.	Croquet
Friday, May 1		10:30 a.m.	Softball Throw
9:30 a.m.	Cornhole, Men 70+	11:00 a.m.	Football Throw
Monday, May 4		Monday, May 18	
9:30 a.m.	SilverStrider Fun Walk	5:00 p.m.	Shuffleboard, Men 50 – 69
10:00 a.m.	Wii Sports Bowling*	6:00 p.m.	Shuffleboard, Women 50 – 69
4:00 p.m.	Basketball Shooting	Wednesday, May 20	
Tuesday, May 5		5:00 p.m.	Cornhole, Men 50 – 69
2:00 p.m.	Bowling, Doubles	6:00 p.m.	Cornhole, Women 50 – 69
Wednesday, May 6		Wednesday, May 27	
2:00 p.m.	Bowling, Mixed Doubles	3:00 p.m.	Closing Ceremonies/Heritage, Visual, Literary Arts Awards Reception
Thursday, May 7		TBA	3 on 3 Basketball
2:00 p.m.	Bowling, Singles	*Denotes a non-qualifying event for State Finals	